



April 6, 2020



## Registration is OPEN for the Governor's Stay Active Challenge!

The Governor's Stay Active Challenge is an 8-week physical activity challenge that encourages you to move more to better manage stress, feel good, and stay fit. This is a great way to connect with your co-workers and family via an online format.

[Click Here to Register NOW!](#)

### 2020 Challenge Schedule

**April 6** - Registration opens online at <http://benefits.mt.gov/StayActiveChallenge>

**April 20 through June 14** - the Challenge runs 8 weeks

- NO COST – open to ALL State of Montana Benefit Plan (State Plan) members
- Completion of the Challenge is a Next Step Activity to help you earn a [Live Life Well Incentive!](#)
- Lots of great prizes
- Weekly resources and recipes
- Improved health
- Fun, virtual path will take us on the Appalachian Trail!
- All kinds of activities count! There are multiple ways to track your activity and more ways to get connected with other challenge members

## Register today!

### State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

“Like” us on Facebook! <https://www.facebook.com/livelifewellMT/?ref=hl>

Non-Discrimination Notice: The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).